

## New candidates take a look at living an Edmundite lifestyle

By Eric Wells  
Staff Writer

The Society of St. Edmund has been working to recruit new members to their priesthood. Frank Altuve, 26, Lino Oropeza, 27, and Carlos Teixeira, 33, arrived to Vermont on Aug. 15 from Venezuela to see if the Edmundite lifestyle is right for them.

The process began for Stanley Deresienski, Edmundite vocation director, while attending the Edmundite general chapter meeting in 2006, where they elected new officials and prayed about the future of the society, Deresienski said.

The administration, led by the Rev. Mike Cronogue, S.S.E., made it a goal to expand the number of members within the society, he said.

"God was calling us to work in his vineyard. I was elected to become vocation director," Deresienski said.

In September 2007, Stan-



Photos by Jessica Maurice  
Above: Carlo Teixeira (left) and Lino Oropeza (right)

ley Deresienski, the Edmundite Vocation Director, and the Rev. Marcel Rainville, S.S.E., traveled to Venezuela to interview the men. They expressed their interest to join the society to their local priest, Edward Dubriske, who has ties to the Edmundite community in Vermont, Rainville said.

Teixeira attributes his passion to become a priest to Dubriske, who was allowed to live with him during a time when he needed help, Teixeira said.

"I feel the calling of God," Teixeira said, "I want to help everyone that needs it."

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## College students not immune to depression on campus

By Carolyn Smith  
News Editor

Mental illness can be found on college campuses, and with the cold, dark winter months around the corner, anxiety may increase. According to the Centers for Disease Control and Prevention, suicide is the third leading cause of death for Americans ages 15 to 24.

Across the country, there has been an increase in anxiety and depression on college campuses, said Michael Samara, dean of students.

"We very much felt a sense of that trend on our campus," he said.

According to the National Institute of Mental Health, anxiety is a reaction to stress. It can help people deal with a tense situation when studying for an exam or preparing a speech.

One reason for anxiety and depression on this campus is the

transition from being dependent in high school to being independent in college, Samara said.

The transition can be difficult to manage, he said. People may question how they will fit in socially or academically, which can increase anxiety and depression, he said.

"That comes with some stress on everyone," he said. "People need to find their way."

Depression affects about 121 million people worldwide, according to the World Health Organization. It is a common mental health disorder characterized by sadness, loss of interest, feelings of guilt, low self worth, loss of sleep or appetite and poor concentration. Depression is among the leading causes of disabilities world wide which has led to 850,000 cases of suicide every year.

See DEPRESSION, Page 3



Photo by Jessica Maurice

Senior Jim O'Neil oversees a St. Michael's Fire Department pumping exercise in the 300s field on Tuesday, Oct. 7.

## Fire engine by design

SMC Fire and Rescue orders custom designed fire truck for \$455,000

By Karin Krisher  
News Editor

The St. Michael's College Fire and Rescue Squad will get a brand new, \$455,000 fire engine by early 2010.

The money for the new engine comes from the department's own budget, which is independent of the college, said Peter Soons, director of Public Safety.

"There is no line item on the college budget for this," Soons said. "We operate mostly independently."

There are cheaper options out there, Soons said. This en-

gine, given the configuration, is above the middle of the road, he said.

The engine will replace the current hose truck in accordance with long-term fleet rotation plans, Soons said. There are two engines that will last 20 years each, with a 10-year rotation. The department will not return the place it is now until at least 2018, said.

The engine is completely designed by students involved in the volunteer fire department, with some alumni oversight, Soons said.

"Fire and Rescue is a student organization, and they are 100 percent involved in the de-

sign and purchase," he said.

Junior Zach Eldridge, second lieutenant of the fire unit, said students took input from the Colchester Center Volunteer Fire Company into consideration in designing the most efficient engine possible. Eldridge, who facilitated meetings with the salespeople involved, said that this engine will help provide more manpower and better equipment to do the job.

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## NEWS

## SECURITY LOG

Excerpts from Oct. 4- Oct. 15, 2008, Security reports, provided by St. Michael's College Office of Public Safety

## Sunday, Oct. 4

**12:21 a.m.** Vandalism, 300s field  
**1:53 a.m.** Assault, 300s field  
**11:45 a.m.** Theft from vehicle, Canterbury Hall  
**4:50 p.m.** Theft from vehicle, South Campus

## Monday, Oct. 5

**2:08 a.m.** Disorderly conduct, 300s Townhouses  
**4:40 p.m.** Theft from vehicle, 400s Townhouses

## Tuesday, Oct. 6

**12:30 p.m.** Theft from classroom, Jean Marie Hall

**2:00 p.m.** Theft from vehicle, Canterbury Hall  
**7:21 p.m.** Theft from residence, Ethan Allen Apts.

## Friday, Oct. 9

**2:15 a.m.** Harassment by telephone, Hamel Hall  
**11:46 p.m.** Drug Violation, possession, Hamel Hall

## Saturday, Oct. 10

**12:48 a.m.** Fire safety violation, Pontigny Hall  
**1:23 a.m.** Drunkenness, ACT One, Pontigny Hall  
**4:12 a.m.** Unlawful entry, 300s Townhouses

## Tuesday, Oct. 13

**7:15 a.m.** Theft from vehicle, 300s Townhouses  
**4:10 p.m.** Burglary, non-forcible entry, Alumni Hall  
**4:50 p.m.** Burglary, 200s Townhouses

## Wednesday, Oct. 14

**7:46 p.m.** Vandalism, Sutton Fire House

## Thursday, Oct. 15

**11:54 a.m.** Fire alarm, accidental, Pontigny Hall  
**3:50 p.m.** Theft, common area, 400s Townhouses

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 The Plattsburgh  
 Press-Republican

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## Corrections

On page 2 of the Oct. 7 issue, it was incorrectly stated that John Kenney is the Dean of Students. He is actually the Dean of the college.

On page 12 of the Oct. 7 issue, Randy Breeckner's column incorrectly stated that the 9/11 attacks were carried out by Afghans. Actually, none of the terrorists were born in Afghanistan, but trained there.

For corrections, please e-mail  
 The Defender at  
 defender@smcvt.edu

# Before winter hits, Vermont shelters struggle to find space

*Student Association donates to COTS as shelters forced to turn people away*

By Cory McGrath  
 Staff Writer

This month, the St. Michael's College Student Association voted to donate \$4,790 to the Committee on Temporary Shelter (COTS) in Burlington. COTS offers shelter for the homeless and provides a help fund to support those on the verge of losing their homes, said Arly Scully, a St. Michael's alumna who now works at COTS.

Recently, COTS has been unable to keep up with the increasing number of homeless families in the area. The committee had to turn people away even during the summer months, something it has not done in 25 years, Scully said.

The shelter had to turn away people 59 times in September, and 31 times from Oct. 1 to Oct. 9. Due to the increase of families unable to afford housing, COTS now has 30 families on its waiting list, Scully said.

With the cold Vermont winter approaching, COTS workers are searching for solutions to give more people shelter, Scully said.

"More and more families are having to face the difficult options of living in cars or on the streets," she said.

COTS and other non-profit organizations attended a recent gubernatorial debate in order to elicit support for funding, Scully said. As a result of these actions, the state has acknowledged, a proposal, which, if passed, would result in an extra \$500,000 in funds for distribution among Vermont shelters, she said.

The S.A.'s annual donation will only go to the COTS organization, not to several different shelters,

"Where is the bottom?  
 ... You never know  
 how many people are  
 going to lose their  
 homes."

Elizabeth Ready,  
 Executive director,  
 John  
 Graham Shelter

Scully said.

Although the donation may seem small compared to a \$500,000 increase in budget, \$4,790 will go a long way, she said. While some families may need a couple thousand dollars in support, many need only \$75 to \$100 to keep them in their homes, Scully said.

COTS is not the only shelter experiencing problems in space and funding. Elizabeth Ready, executive director at the John Graham Shelter in Vergennes, said her shelter also had to turn away several families when it started getting cold.

"It comes in waves," Ready said. "When it's nice out people can go camping but once it started getting cold there were a couple weeks where we had to turn away five to seven families," she said.

On Oct. 1, the shelter opened a transitional housing unit that could fit four families. The new unit filled immediately, Ready said.

Some days two people are turned away, other days 10 people are turned away, said Linda Ryan, executive director of the Samaritan House in St. Albans.

The Samaritan House has been above its normal capacity since the summer,

## By the numbers: Housing crisis

- ▶ **\$16.07:** Hourly wage at a full-time job needed to afford two-bedroom apt. in Vermont
- ▶ **\$19.48:** Hourly wage at full-time job needed to afford two-bedroom apt. in Burlington
- ▶ **\$500,000:** Amount of aid requested by shelters and organizations in Vermont in new proposal
- ▶ **\$4,790:** S.A.'s donation to COTS Help fund
- ▶ **33:** Number of days of average stay in homeless shelters in 2007 (according to Vermont Housing Awareness)
- ▶ **30:** Number of families on COTS waiting list
- ▶ **59:** Number of people COTS was forced to deny shelter in September
- ▶ **31:** Number of people COTS had to turn away in eight-day period from Oct. 1 to Oct. 9

at some points housing 14 people compared to its usual 10, Ryan said.

The whole state of Vermont is struggling to cope with the poor economy and growing poverty, said Erhard Mahnke, coordinator of the Vermont Affordable Housing Coalition.

In order to pay for a modest two-bedroom apartment in Vermont, a person must make \$16.07 an hour at a full-time job, Mahnke said. More than 60 percent of the non-farming employees in the state do not make that much.

In Burlington, that necessary wage increases to \$19.48 an hour. A single parent making minimum wage would have to work almost three full-time jobs to make that amount, Mahnke said.

Ready and Ryan said

they are unsure about the depth of the problem, given the current state of the economy.

"Where is the bottom?" Ready asked. "Because of the economic situation, you never know how many people are going to lose their homes."

Ryan echoed Ready's worries about how far this may go.

"This isn't just a homeless issue anymore; it's an international economic issue," she said.

This year especially, more and more families and children are facing an unprotected and cold winter, and help must be provided for their survival, Scully said.

## News

# EDMUNDITES: Venezuelan recruits pursue priesthood in Vermont

Continued from page 1

On Friday, Oct. 17, Altuve left Vermont to pursue priesthood with the Diocese of Caracas in Venezuela, Deresienski said.

Oropeza and Teixeira are still living in Vermont and are here on a four-month trial. This is known as a postulancy period, which is the time people consider a life in the order during the application process, he said.

"It's all about finding a type of life agreeable to them," Rainville said.

Following a successful postulancy period, the men will be invited to complete the novitiate, which is a study of the religious life as a priest or brother, Rainville said.

The young men are enrolled in the ap-

plied linguistics program at St. Michael's to strengthen their knowledge of the English language. Teixeira enjoys his classes, he said, especially his English class with Barbara Sargent.

"I love my teacher, she's like a mom in class," Teixeira said.

The Edmundites do their part in helping the men speed up their learning process as well, Rainville said.

"We speak mostly English at home in order to help them learn English," Deresienski said. "We share life like a family."

The men have a schedule of obligations to fulfill each week at their house located in South Burlington, Rainville said. This includes household chores such as cleaning dishes and completing nightly homework. The workload is offset by a game of domi-

"Unlike a lot of careers, the cost of religious life is you've got to give everything you have to God."

**The Rev. Stanley Deresienski**  
Edmundite Vocation Director

recent trip to the Trapp Family Lodge in Stowe which prompted the showing of the movie, Rainville said. The men have also been on a hiking trip and a weekend trip to the Edmundite residence in Mystic, Conn.

The two Venezuelan men still have a long process ahead of them. It usually takes five to seven years to complete the steps to enter the Society of St. Edmund, Rainville said.

"Unlike a lot of careers, the cost of religious life is you've got to give everything you have to God," Deresienski said.

noes or a movie.

"We just watched 'The Sound of Music,'" Rainville said. "We watch some movies, but only if the homework is done."

The three men are often taken on weekend excursions, which included a

## DEPRESSION: Coping with stress during the cold months

Continued from page 1

In Samara's past 32 years at St. Michael's, there have been no cases of suicide, he said. However, there have been attempts.

People who are worried about a friend's mental health should see a counselor, Samara said. This is not to start trouble, but to prevent the worst from happening, he said.

"Sometimes there are no signs, and sometimes people mask and disguise how they're really feeling," he said. "Friends of that person shouldn't feel guilty."

Students already on medication can be set up with a regular care plan, Samara said. They are strongly recommended to enter a confidential partnership, which consists of periodical check-ins with a counselor, psychiatrist or caregiver on or off campus.

Sometimes people who suffer with depression and anxiety suffer in silence, and it is smart to set up a plan before attending St. Michael's, he said.

If a student is feeling anxious or is depressed, the best coping mechanism is to acknowledge and recognize they are dealing with it, he said.

"If someone is struggling with feelings of anxiety or depression, first they should seek help by speaking to someone in the Student Resource Center, Student Health Services, Campus Ministry or Student Life," wrote psychiatric nurse practitioner Louise Rosales in an e-mail. "They should also try to get daily exercise, appropriate sleep, good nutrition including Omega 3's and avoid the use of alcohol or other recreational drugs."

All appointments are confidential, unless there are thoughts of suicide or harming others. Only then will confidentiality be broken, Rosales wrote.

"Our own philosophy at St. Michael's is that talk therapy needs to be part of the formula," Samara said.

Discussing feelings and is-

## How to cope with anxiety

► Stay active. Go for a run. Regular activity decreases stress and depression while increasing feelings of well-being.

► Get involved. Find people with similar interests by joining a club on campus. You will also find that doing something you enjoy is a positive way to handle emotions.

► Develop a circle of friends for support.

► Talk to someone on campus you trust like an R.A., a professor or a religious leader. There are also several counselors and a psychiatrist on campus to help support anxiety.

► Don't be afraid to make a phone call home. Stay in touch with trusted family and friends to talk things out and help handle stress.

► Identify what may cause anxiety, and determine what steps can be taken to reduce stressors. Changing schedules, using self-relaxation techniques, and setting realistic goals may help reduce stress.

► Take care of yourself. Losing sleep, not eating and worrying too much makes people sick.

**For more tips on staying healthy, visit:**  
[www.cdc.gov/family/college](http://www.cdc.gov/family/college)

sues is important, he said.

"So much of life is relational and talking to someone whom you've developed a very trusting relationship with is very important to people," he said. "It can really be beneficial."

## FIRE ENGINE: SMC Fire and Rescue awaits the arrival of a new truck next year

Continued from page 1

"We have about 30 active members, and a staff like that makes us a valuable asset and resource here," Eldridge said. "Fire fighting is very labor intensive, and this will allow us to deliver an additional eight people to the scene, from only 13 to over 20."

Soons agreed that the biggest contribution the new fire engine will provide to the community is the amount of personnel.

"Volunteer departments everywhere are struggling to maintain numbers, and we make up a good chunk of the personnel around here. The delivery of more people to a scene will augment fire fighting capabilities," Soons said.

Some features of the engine include increased electrical capacity from an integral hydraulic generator, which provides better scene lighting, and more compartments for tools, Soons said. The engine will also feature self-contained breathing apparatuses for seven of the eight seats made for fully equipped firefighters, Eldridge said.

"The breathing apparatus, since it is built-in, streamlines the process," Eldridge said. "Also, more cab space leads to crew comfort," Eldridge said one of the most important pieces of equipment the new engine will offer is an integrated foam system.

"The fire truck carries a separate tank of foam that mixes with water. When there is a fuel fire, the foam forms a protective blanket and stops further combustion, all pretty much at the push of a button," Eldridge said.

Though the engine won't be delivered to the department until late 2009 or early 2010, this is still an exciting time for the department, Soons said.

"It is a real landmark for us to be in a position to order a custom engine," Soons said.

The work that went into designing the engine makes the occasion even more exciting, El-



Photo from [www.sutphen.com](http://www.sutphen.com)

St. Michael's Fire and Rescue will receive a new engine next year similar to the one pictured above.

dridge said.

"Building a truck like this isn't like going to a car dealership and ordering a custom car," he said. "It requires lots of lengthy revisions. It's truly a custom

thing, and a major milestone for the department."

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## OPINION

## Editorial

## You are not alone

The idea of the “St. Michael’s community” is discussed so frequently that it has become a cliché. The college markets itself as a close-knit environment where everyone knows everyone. Generally, this seems to be accurate; the congregations of students in the 300s every weekend are just one example.

But how close are we on this campus? When our friends face significant problems in their personal lives, do we offer all the help we can, or do we try to hide these issues away?

According to a 2007 study conducted by the American College Health Association, 19.5 percent of college students reported experiencing depression so severe that it kept them from functioning normally. Twenty-five percent reported feeling hopeless once or twice during the previous year.

Severe anxiety or depression requires professional help to be properly treated. To get to that point, though, students need to recognize they have a problem. Sometimes, the only way this happens is through open communication with friends.

During St. Michael’s first-year orientation period in late August each year, orientation leaders take a moment to publicly share with the incoming class personal facts. The theme of this segment is “you are not alone.”

It may not be easy for these students to tell a large group of people intimate details about their lives, but they do it to show that we should feel comfortable discussing difficult subjects with each other. Through this type of openness, problems like depression can be identified early, before they intensify to the point that a person feels hopeless or helpless.

Students here have many avenues for discussing personal issues, from professors and advisers to resident assistants and on-campus counselors. Sometimes, though, the best first step is to open up to your closest friends. You may find out that your best friend conquered your individual, insurmountable dilemma and at the very least you will know that people here care deeply about your well-being.

Community is more than knowing lots of people you can hang out with on the weekends. It also involves creating an atmosphere in which students feel comfortable discussing personal, emotional issues before they take over their lives.

It is easy to forget the messages of first-year orientation over time. One that should be remembered is that none of us on this campus should ever feel alone.

— Andrew Dennett  
executive editor

## Letters to the editor

What’s your view? Send a letter of 250 words or less to the editor on any subject related to St. Michael’s College by e-mail at [defender@smcvt.edu](mailto:defender@smcvt.edu). Hope to hear from you soon.

## DEFENDER

MISSION  
STATEMENT

As the editorial staff of The Defender, the student-run newspaper of St. Michael’s College, we strive to accurately, professionally and ethically report the news affecting the lives of students and the community.

The Defender is a designated public forum. Student editors make all content decisions. We believe in the freedom of expression. We encourage our readers to express their views at any time.

The Defender publishes letters to the editor in response to articles that we have printed in the paper and issues on campus. The Defender does not publish anonymous letters. Letters will be edited only for grammar, spelling, good taste, and sometimes length.

## PHOTO OF THE WEEK | Bringing in the ‘rain’



Photo by Jessica Maurice

Sophomores Tim Hackett (top) and Ben Gates participate in a pump training exercise performed by members of St. Michael’s Fire and Rescue in the 300s field on Tuesday, Oct. 7.

## Letters to the Editor

## Diversity and high standards are not conflicting goals

We are writing on behalf of the Diversity Working Group to raise a concern with the story “Bumping Up Diversity with ALANA Students” by Kristin Fiocco that ran in last week’s Defender. We would like to note at the outset that overall we applaud the work of The Defender, both this year and last, in bringing our challenges with diversity to the attention of the entire campus community, and we appreciate that this story is a continuation of those efforts.

Our primary concern is that several statements in the story may unwittingly contribute to misconceptions and stereotypes

that several groups on campus have been working hard to dispel. Chief among these is the idea that diversity and excellent academics are somehow conflicting, rather than complementary goals. We are concerned that the following passage might be misinterpreted in just this way: “Although a great effort will be put toward attracting ALANA students to St. Michael’s, a greater effort is put into keeping up its standards ... ‘Our number one priority will always be to get good students,’ (Vice President of Enrollment Jerry) Flanagan said, ‘but we know adding diversity to campus is important.’”

We are sure that neither The Defender nor the Office of Admissions meant to imply that good students and adding diversity were conflicting goals, but wanted to point out the potential for misreading these comments. We look forward to continue to work with both groups in the future in achieving the diversity goals mentioned in the article.

**Patti Delaney, Joseph Ferdinand, Thomas Kingston, Lisa McCormick, Lorrie Smith, Kimoi Seale, Moise St. Louis and Trish Siplon**

The Diversity Working Group Steering Committee

## ALANA students do meet ‘high standards’ for admission

On behalf of Diversity Coalition, we are appalled that racial accusations are made to ALANA students. In the recent article, “Bumping diversity with ALANA students,” a simple quote:

“Although a great effort will be put toward attracting ALANA students to St. Michael’s, a greater effort is put into keeping up its standards, Vice President of Enrollment (Jerry) Flanagan said.”

He continues to suppose that ALANA students are a priority, but the standards are much more important, saying: “‘Our number one priority will always be to get good students,’ Flanagan said, ‘but we know adding diversity to campus is important.’”

Our mission as a club states: “We serve to educate and promote awareness of issues such as gender, race, religion, and ethnicity. Furthermore our goal is to provide an educational sanctuary

where post-modern concepts of multiculturalism, post-structuralism, and ideologically diverse perspectives aid the individual intellectual with a new sensitivity, awareness, and understanding for a global community.”

Hence, we feel very strongly that it is our responsibility to call out racism on campus. The quote by the Vice President of Enrollment implies that “high standards” and “diverse students” are two very different issues. In a simple manner it is offensive that our administrators feel that ALANA students do not have “high standards.”

In an even simpler manner, it is racist to think that because a small percentile of students might not meet the “high standards” it is because they are ALANA students. It is outrageous that this was said in a school that claims: “It does not discriminate against

students, employees, or applicants for admission or employment, on the basis of race, color, gender, age, national origin, ethnicity, religion, disability, sexual orientation, gender identity or physical characteristics” (<http://www.smcvt.edu/about/policies/nondiscrimination>).

If we are all working for the same goals, how do we expect to gain more diversity on campus when the current three percent ALANA students are targeted, demeaned and belittled? We propose that an apology be made to all the students affected by this article. This long unspoken issue on “race” has long been shoved to the corner and we demand the conversation to start.

**Helen Alulema '10**  
Diversity Coalition President

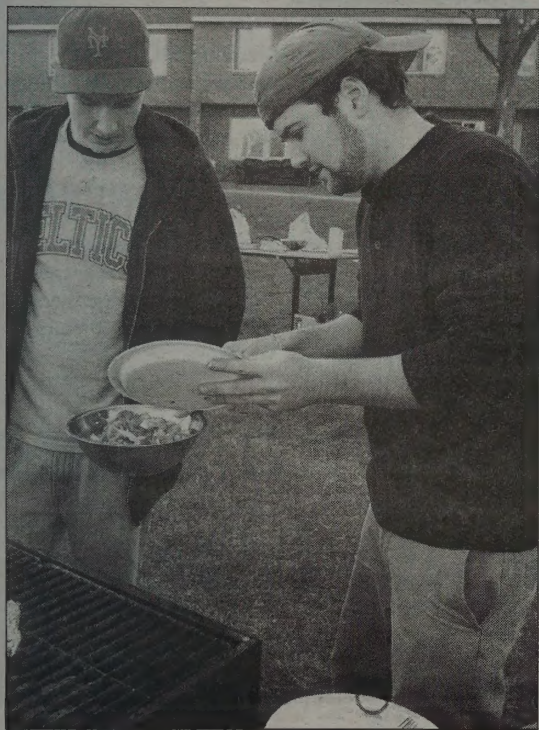
## FEATURES



(Above) The winning team: Matt McMahon, Kerry Kirkwood, Bryan Killian and Pete Knapp. Their dish was a seasoned, grilled pork with apple chutney, candied carrots and twice-baked potatoes.



(Left) Stodden Clow tosses a chicken and broccoli pasta dish while team member Sam Waite watches. The team also prepared dishes with were honey-maple carrots, honey-garlic soy-glazed chicken and scalloped potatoes. Team member Mike McKenney not shown.



Photos by Andrew Parise

(Left) Team members Phil McGrory and Drew Knapp making grilled, marinated steaks with honey broccoli and carrot pasta and baked potatoes. Other team members not shown: Liz Kutch and Cullen Murr.

(Middle) Rita Farrell and Caroline Gibson cooking an African dish.

(Right) The four dishes lined up ready for the judges' tasting.



# Seniors show off cooking skills in Iron Chef contest

By Kate Lanza  
Features Editor

As the sun shone through the bronzing leaves on Friday afternoon, Oct. 17, in the 300s field, grills were fired up and seniors gathered around to listen to the rules and to brainstorm their dishes for the first Iron Chef St. Mike's.

Senior Jessie Currier said she was watching a morning show when she got the idea to bring an activity like Iron Chef to St. Michael's. She brought the idea to Residence Life as part of the "October Townhouse Olympics," a series of weekend events for seniors to participate in throughout the month.

"I thought it would definitely be a learning experience," Currier said.

She sent an e-mail and posted fliers on townhouse doors to spread the word of the event. Students interested in participating in the event e-mailed her back so she would know how much food to buy, she said.

Hank Strashnick, Sodexo's general manager, provided most of the staple food supplies that were used in Friday's event. The rest of the items, specifically the meats, were purchased with money from Residence Life, she said.

The "main table" held all the food items, which included apples, broccoli,

carrots, onions, potatoes, eggs, butter, cheese, a tin of cooked pasta, dough, rice and milk.

Currier provided utensils for serving and cooking and team members were allowed to run back to townhouses if they needed water.

"They can cook whatever they want: dinner, appetizers or desserts," Currier said.

Four teams participated in the event on Friday. Teams were provided with either pork, chicken, ground beef or steak, to use as a base for their dishes. Teams picked a number out of a bag to see which order they would pick their meat. Currier gave each team 45 minutes to prepare dishes for the judges. She said time was flexible because it was important that the meats be cooked well enough to be edible and encouraged teams to taste their dishes before serving.

When the time began, team members scrambled between grills to find their ideal ingredients. Once settled, they huddled around their grilling stations.

As smoke poured off the grills, more students gathered around to watch. A couple of seniors, Dan Robbins and Brian Downes, stayed for the duration of the event.

"We are very serious spectators," Downes said.

The mood of Friday's event seemed light-humored and fun, but when the clock started for cooking time, students buckled down. So what were their methods?

"Excellence," senior Matt McMahon said. "You always have to give it 110 percent every time you cook."

Over at another grill station, senior Caroline Gibson said, "My method is to be creative."

"We're just focusing on making a great, delicious meal," added senior Phil McGrory.

Psychology professor Dave Landers, associate director of Residence Life Brian Lee and senior Kelsey Cefalo were the three judges for the cook-off. When it looked like most of the cooking was finished, participants arranged their dishes to bring to the judges and turned their grills off. The judges huddled around each team's dishes and began to taste.

"(Judging) is going to be hard," Cefalo said.

She tasted seniors Caroline Gibson and Rita Farrell's dish, modeled after a dish Farrell tasted while studying abroad in Africa. It was nothing they had ever made before, Farrell said. It was a mixture of ground beef with onions, apples, and cinnamon. Spectators were a little perplexed by its presentation but the taste overcame

the presentation.

"This isn't what it seems," Cefalo said.

While tasting team members Bryan Killian, Kerry Kirkwood, Matt McMahon and Pete Knapp's dish, judge Dave Landers "ooohed" and "aahed" with delight.

"The apple chutney on top of the pork—wow," Landers said.

After tasting each dish, the judges gathered aside from the crowd and deliberated. They provided comments for each of the dishes before announcing the winning team: McMahon, Kirkwood, Killian and Knapp.

"The steak and potatoes team—unbelievable," Landers said. "And the chicken was so moist; whatever you did with the glaze—excellent."

The winning team prepared the pork. They received a \$25 gift certificate to Shaw's Supermarket.

"I'm surprised we cooked all this on just a grill," Killian said.

Students appeared excited to have gathered for the Iron Chef St. Mike's event, thanks to coordinators Jessie Currier and Logan Thurnauer and members of Residence Life.

"I wanted to bring my friends together for something different than what we usually do on Friday," Kirkwood said.

## FEATURES

# Campus SPEAKS

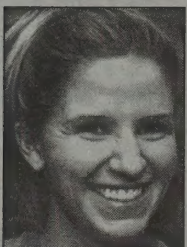
By Kate Lanza  
Features Editor

*What is your most crafty  
late night snack?*



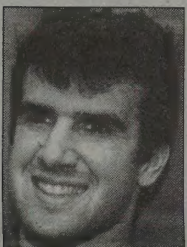
"Ranch dressing with pita bread."

Jess Percival, '09



"Cake frosting mixed with peanut butter on a Saltine."

Anne Maher, '09



"I'd have to say a large chicken finger sub with lettuce, onion and mayo."

Vasilios Kostakis, '09

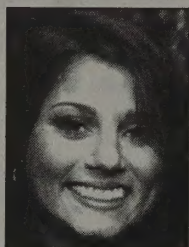


"Dried apricots."

Claire Alessio, '12

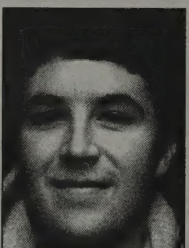
"Goldfish."

Kirby Graham, '12



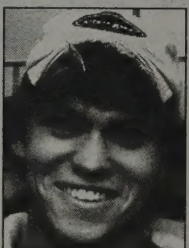
"Wings Over Burlington's late night delivery."

Brendan Flynn, '11



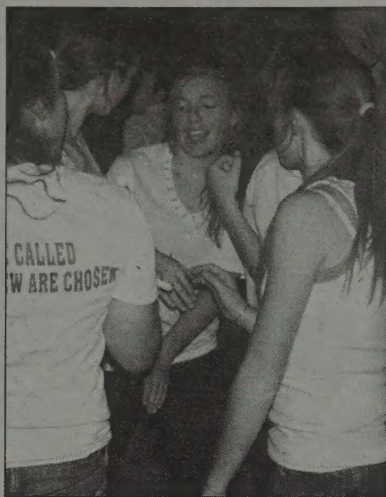
"Uncle Ben's rice."

Eugene Taylor, '11



"Frozen grapes."

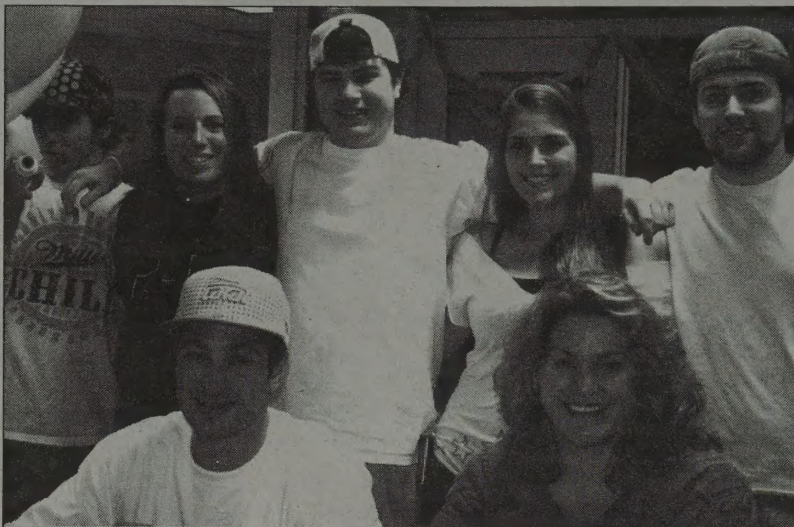
Kathleen Kreiner, '10



Students dancing on Saturday night.



Gerhard Meyer writes a note with highlighter on Kat Claypool's shirt.



Standing left to right:  
Andrew Lanoue, '10; Molly Canfield, '10; Rob Hooper, '10; Ashley Ottens, '10; Andrew Knapp, '09.

Sitting left to right: Drew Flaherty, '10; Hilary Casillas of the American Cancer Society, Northern New England Division in Williston.

Photos by Jessica Maurice

## Fighting cancer with white clothes and highlighters

*Students raise money for American Cancer Society with dance*

By Kristen Fiocco  
Features Editor

Around 10 p.m., several women emerged from Joyce Hall in thin white tank tops and white shorts into the frosty autumn night on Sat, Oct. 18. Locking arms, they crossed the rotunda, went into the Alliot student center and ran for the dining hall. In their white knee socks and neon-colored shorts, the women bounced into the highlighter dance.

Inside, everyone was wearing white, and one man was dressed in a white painter's suit. Other women cut the necks from their T-shirts so they hung loosely over the shoulders.

The dancing area in the dining hall was encircled by \$150 worth of 40 black lights to create a human glow stick effect. People signed each other's clothing with the 182 highlighters dispersed at the door, which were gone in less than an hour after the doors opened at 9 p.m.

There was more than the brilliantly dressed students did besides dance. Everyone there donated money to the American Cancer Society. For a project in Prof. Melinda Micheletto's marketing class, juniors Ashley Ottens, Andrew Lanoue, Drew Flaherty, Rob Hooper and senior Andrew Knapp needed to organize an event to fundraise for a nonprofit organization. Ottens's godmother, Dorothy "Dottie" LeWarne, 58, of Nashua, N.H., passed away a week before the first day of classes of lung cancer. Ottens knew right away that

she wanted to raise money for the American Cancer Society, she said. Joining the ongoing war against the deadly disease brought Ottens some closure, she said.

"This is something that touches a lot of people," Ottens said. "It is such a prevalent disease around the world."

During the Columbus Day weekend, Ottens traveled home and gathered about \$2,000 in individual donations from LeWarne's friends. On Sunday, Ottens estimated that the group will be able to give about \$4,000. Pre-paid ticket sales alone raised \$635 and all the physical tickets were sold out before Saturday night. Making the dance a fundraiser inspired several people to buy tickets or donate, Flaherty said.

Ottens also saw how positively people responded to hearing that their \$5 they spent on a dance ticket would go to the American Cancer Society, she said. The highlighter dance was a tremendous opportunity for students to help others suffering from cancer, she said.

"The goal was to give people a chance to have fun, but also to do something good," Ottens said.

With the cause something so close to her heart, she said she was happy to have the opportunity to run this event.

"I could never have done something like this on my own. My group was awesome and they really helped me through a lot," Ottens said.

Over 300 students attended the dance, and the group brought in an additional \$1,800 profit from

the ticket sales at the door.

Lanoue stood as the bouncer, tagging admitted men and women on their hands and Flaherty flipped through the list of people who bought tickets to surprisingly find that by 10:15 p.m. not everyone who had pre-paid had showed up yet. Alongside the two men sat a representative from the American Cancer Society and Micheletto, who planned to attend all the groups' events. This is the first semester the charity event project has been assigned on such a big scale, Micheletto said.

"I didn't know this many people would come," Micheletto said.

Ottens then emerged from the darkness of the dining hall in a white shirt that she wrote her godmother's name written on the back. She was out of breath.

"It's crazy in there," Ottens said, throwing her hands up in the air. "It's ridiculous."

As she stayed at the door for a few minutes mingling with her group members, the disc jockey, senior Jerome Allen, put on "I Kissed A Girl," by Katy Perry and dancing women sang with the lyrics. Allen was pleased to DJ for free because money is not a factor in situations like this, he said. However, he thought that the people who went might lose sight of what the event was about, he said.

"They need to remember why we're here," Allen said. "This isn't just to throw the party of the century."

## FEATURES

## Horoscopes

By Kristen Fiocco  
Features Editor

**LIBRA:** (Sept. 23-Oct. 22)

There really isn't any point in showing off at the gym.

**SCORPIO:** (Oct. 23-Nov. 21)

Please don't use the newspaper for a tissue.

**SAGITTARIUS:**

(Nov. 22-Dec. 21)

Remember the bunny that was photo of the week a few issues ago? You'll see it this week.

**CAPRICORN:**

(Dec. 22-Jan. 19)

Storm the tennis courts for the greatest football game of your life!

**AQUARIUS:** (Jan. 20-Feb. 18)

Don't forget to vote. You really are interested in politics. You laughed at Tina Fey as Sarah Palin, didn't you?

**PISCES:** (Feb. 19-March 20)

You still think marijuana isn't that bad? What are you, high?

**ARIES:** (March 21-April 19)

Don't text message this week.

**TAURUS:** (April 20-May 20)

You'll be in The Defender next week. Lucky you!

**GEMINI:** (May 21-June 20)

Your picture is in this week's issue. Look for it.

**CANCER:** (June 21-July 22)

That ghostly moaning is your roommate snoring.

**LEO:** (July 23-Aug. 22)

Double check that your door is locked this week if you're doing something embarrassing.

**VIRGO:** (Aug. 23-Sept. 22)

That strange person on the bus is actually your long-lost uncle.

## Friday Knight Dry

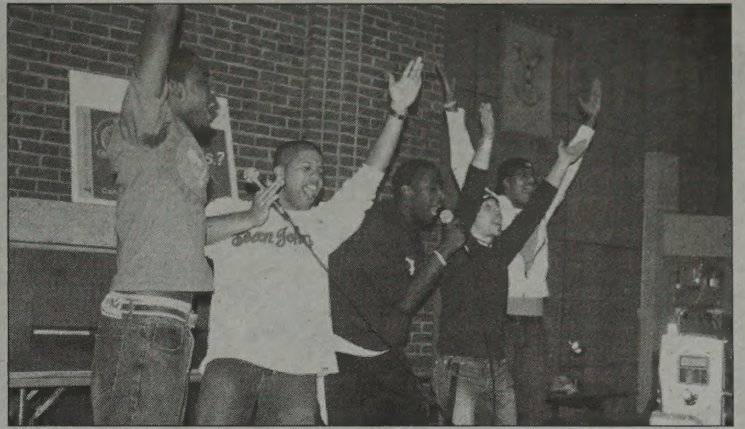
By Roni Reino  
Managing Editor

St. Michael's students abstained from drinking on Friday, Oct. 17 to attend alcohol-free events put on by the Student Life Office and campus clubs.

Students dove through a shaving cream slip n' slide in Lyons Hall, played rounds of mini golf in Ryan Hall and bet fake money at a casino in the Vermont Room of the Alliot Student Cen-

ter. At each event, they collected Friday Knight Dry Money, which would be used at an auction at the end of the evening.

At 10:45 p.m., students encircled in front of the fireplace in the Alliot Student Center in hopes of winning items like iPod nanos and gift certificates to local businesses. The last winner received a \$25 gift card to Mac's Marketplace, on which he bid 26,000 Friday Knight Dry Dollars.



(Above) Group of students singing "YMCA" by the Village People. Left to right: Rondel Ward, Andres Camilo, Frantzy Suffrard, Eamon Khalaj, Christian Ortiz.

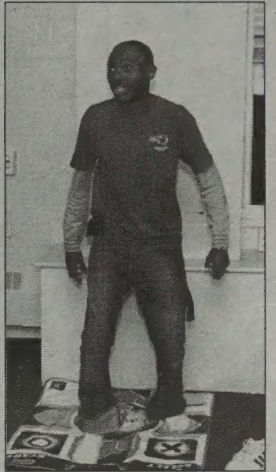


Photos by Jessica Maurice

(Above) From left: Rob Sullivan and Dan Caredeo.

(Left) Left: Megan Flanagan. Right: Rachael Sparks.

(Right) Sory Coulibaly plays Dance Dance Revolution.



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Photo by: Jeff Busby

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(pictured above)

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### The Del McCoury Band

Friday, November 21 at 8 pm

Direct from South Africa

### Soweto Gospel Choir

Tuesday, December 2 at 7:30 pm

Hip Bronx-Based Ensemble

### Universes: "Live from the Edge"

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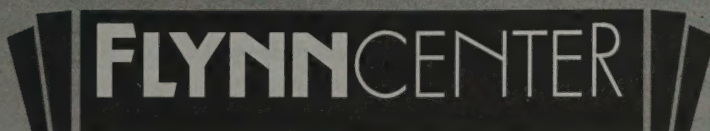
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Sunday, December 14 at 7 pm

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### "An Nollaig" ("An Irish Christmas")

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## ARTS &amp; ENTERTAINMENT



Counterpoint members sing together prior to their performance which occurred Sunday, Oct. 19, in the McCarthy Arts Center Recital Hall.

Photo by Joseph Gresser

# Counterpoint performs at college

## *Artists in Residence host workshop with chorale students*

By Andrew Kuzmin  
Staff Writer

On Sunday, Oct. 19, the chorale chamber ensemble Counterpoint gave a cappella performance entitled, "Music Sacred and Profane" in the McCarthy Arts Center Recital Hall.

The group of 12 singers, directed by Robert De Cormier, gave a performance in two halves. The first, "Sacred," contained "Jesu meine Freunde" and "Lobet den Herrn," numbers three and six of Johann Sebastian Bach's six motets.

The second half of the performance, entitled, "Profane," included arrangements of folk songs by classical composers such as Ralph Vaughn Williams, Aaron Copland Francis Poulenc and Igor Stravinsky.

"We've done a lot of folk arrangements in the past," De Cormier said. So the group decided this would be a fitting performance.

"The two halves are very different," said Nathaniel Lew, St. Michael's choir director and tenor singer in Counterpoint. "While the composers focused on folk songs, there is still a specialty of a slightly classical style," he said.

Before the performance began, Counterpoint held a workshop for the St. Michael's chorale.

"We started with 'Hallelujah,' arranged by De Cormier," said junior and member of St. Michael's chorale, Joe Kwiatkowski. Since De Cormier arranged the piece, he knew it better than anyone else, he said. After going over the piece as a group, the chorale broke up into smaller groups.

The groups were based on vocal range, he said. For example, St. Michael's tenors worked with the Counterpoint tenors, St. Michael's basses worked with Counterpoint basses.

"I felt I learned a lot," Kwiatkowski said. "I felt more confident on particular parts. "Having basically a one-on-one session helped."

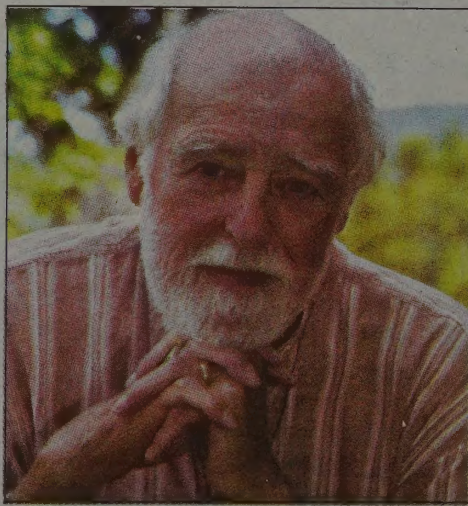


Photo by Kelly Aicher

Counterpoint Director, Robert De Cormier.

Counterpoint has been a touring ensemble since 2000, De Cormier said.

Prior to directing the group, De Cormier conducted the Vermont Symphony Orchestra and chorus, he said.

"Most of the original members (of Counterpoint) also sang in the symphony," De Cormier said. "I realized I was dealing with people very well-trained, and I thought they deserved to be paid for their work."

The members of the symphony chorus toured for some time, but since there was no pay involved, many members couldn't afford to keep touring, De Cormier said. It was then that De Cormier started Counterpoint as a paid touring ensemble.

Counterpoint is run differently than most chorale groups, De Cormier said. In most groups, the director will plan the programs and decide which pieces the group will perform. In Counterpoint, every member has a voice.

"Counterpoint is run very democratically," De Cormier said.

Everyone in the group has a say in planning the per-

formances, and each member is paid the same amount of money.

"We wanted more people involved in the music," he said.

Since last August, Counterpoint has been composed of artists in residence at St. Michael's College, Lew said.

Marc vanderHeyden, former president of St. Michael's College played a large role in bringing Counterpoint to the campus, Lew said. There had been thoughts of making Counterpoint artists in residence for quite a few years, he added, but it came up more seriously in 2006 and 2007.

Counterpoint had been giving concerts for several years at St. Michael's, so making them artists in residence wasn't a far stretch, Lew said.

"(Being artists in residence) benefits the both of us," De Cormier said. "St. Michael's gives us the space, and we do workshops with the students. Plus, this is a great hall to sing in."

Counterpoint is allowed to practice and hold performances using St. Michael's facilities, while St. Michael's gains prestige associated with having its resident artists. Students and faculty are also granted free admission to the performances, Lew said.

According to the Artist in Residence agreement Counterpoint has with St. Michael's, the group holds three performances a year in McCarthy Arts Center and organizes a workshop for St. Michael's chorale, Lew said. De Cormier also taught a course at St. Michael's in spring 2008, and there is much interest in having De Cormier teach another class in spring 2009, Lew said.

Counterpoint's next performances will span from Nov. 7 to Nov. 22 on the Allied Concert tour, which includes eleven concerts in Minnesota, Nebraska, South Dakota, North Dakota, Wisconsin and Iowa.

## ARTS &amp; ENTERTAINMENT

## THEATER REVIEW

## American Shakespeare Company brings double the laughs in 'Comedy of Errors'

By Andrew Parise  
Photo Editor

The American Shakespeare Company has been annually coming to St. Michael's College to perform its unique brand of Shakespeare.

This year it performed "Comedy of Errors" and it has been my favorite performance of the company's in the last four years.

The show is about two sets of twins, two Antipholuses and two Dromios, separated at birth. They find themselves in the city of Ephesus, the home of Antipholus and Dromio of Ephesus. All four are unaware of the others' presence and hilarity ensues as the town's people continuously confuse them until the two sets of

twins finally appear on stage together in the end.

This is a classic example of Shakespeare's use of mistaken identity and it was beautifully performed.

The American Shakespeare Company, with its slogan, "we do it with the lights on," perform all of their shows as close as possible to how Shakespeare would have. Houselights are on at all times; it works with virtually no set; and cast members play instruments before and during the performance. While the company works with no set, it creates the environment by employing vivid and detailed costumes.

Still, the real highlight was the brilliant acting by the four leads: Antipholus of Ephesus played by

Luke Eddy, Antipholus of Syracuse played by Josh Carpenter, Dromio of Syracuse played by Rick Blunt and Dromio of Ephesus played by Denis Henry. Their use of physical comedy and utter command of the text made the night enjoyable for Shakespeare novices and experts alike.

Antipholus and Dromio of Ephesus fell short of their Syracusan counterparts, but that's inherent in the text which favors the men of Syracuse. Yet, I was impressed by the lightheartedness of the Ephesian Antipholus since the part could be interpreted and acted as a dark character at the brink of his sanity.

However, while the twins lit up the stage, the supporting cast didn't impress, especially Adriana, played by Ginna Hopen. She did a fine job, but fell short of my expectations for similar acting dominance that was seen in last year's show, "The Taming of the Shrew." Her excellent performance as Kate last year left me wanting much more from her Adriana.

A happy, yet shocking, surprise was the acting of Aidan O'Reilly who played Angelo the Goldsmith. The previous evening he gave a relatively flat perfor-



Photo by Andrew Parise

(Top to bottom) Antipholus of Syracuse played by Josh Carpenter and Dromio of Syracuse played by Rick Blunt.



Photo by Andrew Parise

Antipholus of Ephesus played by Luke Eddy sucks his thumb for comfort.

mance of Horatio in Hamlet at University of Vermont. Yet, his Angelo continuously made me laugh as he took the character to a level I didn't expect.

I found the directing, by Giles Block, fairly unimaginative yet it worked for me as the focus was clearly on the text and the physicality of the actors.

Not only was the acting from

the leads beyond excellent, but the supporting cast did their job and even gave me a few surprises. The audience was captivated throughout and showed its appreciation by giving the company a lengthy standing ovation for the American Shakespeare Company, a company that rarely disappoints.

## BOOKS YOU AREN'T READING

## 'Map of Bones' proves easy, breezy read

By Jamie Gorton  
Guest Columnist

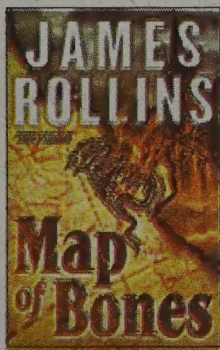
If you liked "The Da Vinci Code," (TDVC) you'll love James Rollins' "Map of Bones." If you have an intense dislike of TDVC (and who with good taste can blame you?) then you'll also love "Map of Bones."

James Rollins is a senior veteran of a subset of pop fiction that lives only in supermarkets and Wal-Mart. I generally view supermarket paperbacks to be risky investments—the junk bonds of the publishing world—but I had help with this one.

Eric "Tex" Larkin '10, my freshman year roomie, tossed me his copy of "Map of Bones" and told me it was good.

Tex was right. "Map of Bones" was good. The action is more exciting. The mystery is more profound and less predictable. Whereas TDVC presented a cavalcade of stencil-cut characters with one-liners as dry as sawdust. The characters in "Map of Bones" are fleshy and communicate like real people.

Grayson Pierce, the main character, joins an elite team of special agents known as "Sigma Force." Once enlisted, he's set to deal with a major threat. Members of the Imperial Dragon



Court, a true-life secret society, break into a cathedral, murder everyone celebrating Mass inside and steal the bones of the Three Magi.

Along the way, they discover a map in the coffin, and, true to form, this map of bones leads to a secret: mono-atomic gold. M-state gold is heralded as everything from the material that made up the Ark of the Covenant, to the true source of 'manna' that fell from Heaven, and the explanation for many other Biblical mysteries.

But the Dragon Court wants to use it to bring about Armageddon.

OK, so "Map of Bones" isn't winning any blue ribbons at the science fair. But it does win ribbons where "The Da Vinci Code" was disqualified from the race: historical research, imaginative vision, and great plot twists.

My pulse pounded through-

out the action scenes, which take place in old castles, Italian streets and in scuba gear. The villains are colder, crazier and more twisted than any Bond villain. Not even Blofeld comes close. As splendid as the "Big Twist" was, nothing matches the drama of Sigma Force scuba diving under the ruins of Alexandria.

As far as books in the "secret society" genre, "Map of Bones" isn't going to displace Eco's "Foucault's Pendulum" as an ageless great. It doesn't break new ground the way Robinson's "Born in Blood" did. And it might not last beyond the onslaught of Dan Brown's pending effort, "The Solomon Key," which is expected to drop sometime in 2008. And trust me, I'm waiting for that with baited breath, in the same way an editor for Food and Wine waits for the return of the McRib.

"Map of Bones" does what none of those do: end on a high note. Rollins's book ends with Gray learning from his ordeal and making his life better for it.

"Map of Bones" is a breezy, easy read. It can be bought on the cheap, and it is far better than its competitors. For your next flight or rainy day, or if you just need a good thrill, check it out.

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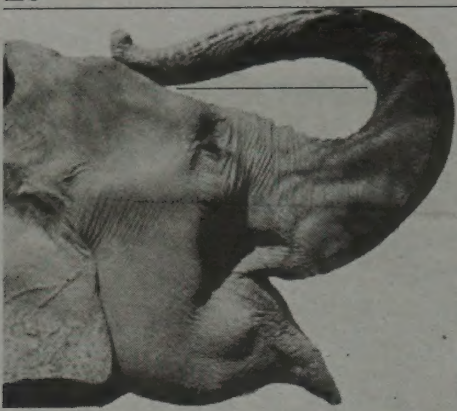
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## COLUMNS

## McCain will put our country first

John McCain is not exactly an electrifying speaker. He does not draw large crowds at his town hall meetings, and last time I checked, no one fainted at one of his events because they were so excited to see him. McCain does not command a cult-like following and his average supporter is much older than me. So, why did I decide to endorse him for president of the United States of America?

I remember watching McCain debate Mitt Romney, whom I supported during the Republican primaries, and I was extremely disappointed with his performance and with his apparent lack of respect for my candidate. I thought, "Who does he think he is?" McCain has nothing on Rom-

ney. I mean, Romney's policy positions fit the mold of a model Republican.

Although I did not support McCain at the time, I have to say that I was impressed with his easygoing nature and with his innate ability to appeal to the average American. Charismatic as Romney was, he often gave voters the impression that he was too suave and could not relate to their everyday concerns. Contrarily, McCain successfully sold himself as a maverick with an impeccable record of cutting wasteful spending in Washington.

In short, he won the Republican Party's nomination for president because he was perceived as one of a handful of Washington insiders with the courage and stamina to transcend partisan politics in even his

own party if necessary.

During the general election, my affinity for McCain has grown stronger. His signature economic stance, for instance, is to eliminate all earmarks, and as senator of Arizona, he accepted zero earmarks for his state. On the environment, McCain thinks that we should explore all avenues toward acquiring renewable energy. He also supports offshore drilling, which is a necessity, especially given the recent energy crisis and the financial woes Americans face when they head to the pumps and attempt to pay heating bills. McCain has embraced a responsible exit strategy for the War in Iraq, deferring to the expertise and judgment of Gen. David Petraeus, who has successfully orchestrated the troop surge strategy. Most importantly, however, he supports life. McCain believes that a child's life begins at conception, which is music to my ears, as a Roman Catholic who considers abortion to be murder in all instances.

Above all else, McCain has an extensive history serving the American people. When he was young, he enlisted in the U.S. Navy and began a long career of selfless and heroic service. When he was captured during the war in Vietnam, he offered words of encouragement to other prisoners while being tortured and living in deplorable conditions. After the war, he was elected to Congress as a representative from Arizona and later served his state as a senator. I am voting for McCain because he is campaigning to reform America, to enable America to prosper once again and to create peace in the Middle East. But, most of all, I am voting for John McCain because I know he will always put our country first.

*Kris Perkins is an American studies and secondary education major. You can contact him at kperkins@smcvt.edu.*

## GUEST COLUMNIST



Kris Perkins

## My brother's keeper

I am my brother's keeper; I am my sister's keeper — that makes this country work. It's what allows us to pursue our individual dreams, yet still come together as a single American family. 'E pluribus unum.' Out of many, one."

This is not the typical prose of a presidential candidate, but this year is not a typical election. Those words were spoken by Sen. Barack Obama in his 2004 keynote address to the Democratic National Convention.

Let me be up front, I am a strong proponent of the First Amendment's Constitutional right of the separation of church and state. With that said, it would be irresponsible to ignore the profound impact faith has on our politics today. More often than not, when we are choosing a candidate to support, we ask ourselves, "What would Jesus do?" I think it is important to take into account the overall message of the Catholic faith, and if we do so, we will see that faith in Sen. Barack Obama.

As a Catholic, there are many issues that are near and dear to my heart. I cannot write this column without addressing the thousands of American soldiers' lives that have been lost or forever changed because of the wars in Iraq and Afghanistan. There is only one candidate in this presidential campaign who has a plan to bring our soldiers home responsibly and quickly.

I have always been taught how important it is to preserve our planet and how everything in this world is God's gift. We need a candidate who will lead the way with solutions to save our planet. Only one candidate has given us the goal of reaching full energy independence from foreign oil in 10 years' time, often equating it to John F. Kennedy's mission to put a man on the moon.

Poverty is also at the heart of Jesus' teachings. Only one candidate promises to support global initiatives to combat AIDS and other global health emergencies with the funding and leadership needed in the world.

There is a humanitarian crisis here at home. Millions of Americans are losing their homes, and people are choosing between feeding their families and heating their homes this winter. Only one candidate in this election has given a voice to the less

fortunate by offering plans to reform our education system, create millions of new jobs and make sure health care is more than a responsibility, but a right to all of us. These solutions are the platform of Sen. Barack Obama and his running mate, Sen. Joe Biden, a Catholic from Delaware.

With the issue of health care comes the issue of protecting life. There is no doubt that this is a very personal issue, and women who are faced with this situation do not take their decision lightly. Although the parties have aligned themselves in a pro-life or a pro-choice camp, something unique has been suggested in this election.

Sen. Obama, in light of bringing people together, spoke in his Democratic Convention speech about how we can all work together to find ways to reduce the number of abortions in the United States, without overturning Roe v. Wade. Instead of focusing efforts to reverse a Supreme Court case, it seems more practical and effective to educate teenage girls who become pregnant, to make adoption programs more accessible, to provide pre-natal health care, and to create an environment of acceptance in our own communities.

A strong and vocal Catholic supporter of Sen. Barack Obama is Sen. Bob Casey of Pennsylvania. My mom went to college with Bob at Holy Cross and knew him well. She told me that in the early 1980s, Bob had a strong pro-life stance, often participating in pro-life vigils on campus. He spoke at the Democratic National Convention this year, which was somewhat controversial because of his strong pro-life stance. Sen. Casey spoke of his strong support for Barack Obama with these words:

"So now let us work together, with a leader who, as Lincoln said, appeals to the better angels of our nature. Barack Obama and I have an honest disagreement on the issue of abortion. But the fact that I'm speaking here tonight is testament to Barack's ability to show respect for the views of people who may disagree with him. I know Barack Obama. And I believe that as president, he'll pursue the common good by seeking common ground, rather than trying to divide us. We are strongest when we are together. And there has never been a more important time to devote ourselves to common purpose."

*Kate Bailey is an American studies and secondary education major. You can contact her at kbailey3@smcvt.edu.*

## GUEST COLUMNIST



Kate Bailey

## Into the real world

Just recently, I have begun to face the reality that this is my last year here at St. Michael's. I know it's a little early, but I'm sure other members of the senior class are doing the same thing. Without a doubt, it's a difficult concept to understand; in about seven months, we will be ceremoniously evicted from this safe haven and released into the "real" world, whatever that means. In the meantime, we have to make the best of what we have and enjoy ourselves, while at the same time preparing for what comes next.

From what I've seen, enjoying ourselves has not been an issue. As for preparing for this 'real' world people speak of, I don't even know where to start.

We went to college here to prepare us for our lives. As I ready myself to take that leap of faith, I find myself having to look back over my time here and justify the use of the past four years. I've never had to do this before; our purpose here has always been obvious. We have to go to school to become well-educated and attain degrees, so that we can be successful. Yet for the first time, I have started to doubt the process of education and everything that we've been told about the success of our lives.

I'll offer a simple example: seven months from now, I will graduate with a degree in political science and a degree in English. To begin with, I can do nothing with these degrees by themselves except make paper airplanes; as a matter of fact, I can only make one plane, because the school will only physically give me one of the diplomas. Damn hippies and their Green Up.

Seriously though, I cannot help but consider the idea that I am now "educated" to be completely ridiculous. I remember nothing from my freshman religion class — literally nothing. I can't even remember the name of it. I'm an English major who's never read "Moby Dick."

That seven months from now I will walk across a stage and be handed a paper that qualifies me as some

sort of authority on my areas of study is almost laughable. It might be said that the moment will not only be an acknowledgement of our academic efforts but an initiation into a lie — the lie that we are somehow wise, the lie that anyone could ever be considered an "authority" on a subject. It might be said with some degree of accuracy that the only thing my education here has taught me is how little I know.

What's more, I can't help but realize that everything we have created here over the past few years, from friendship to knowledge, is all fading in some sense or another. I am afraid that in time, the only thing I will have left is that pointless piece of paper on my wall, permitting I don't follow through with my plan of making a paper airplane. In that case, I would be left with nothing.

What I have come to understand is that our education here plays about the surface, never plunging deeper into that sort of understanding of the world, or ourselves, which we all anticipated college would bring. I guess it was easier before this year; my path was clear, and I was following a plan which, to some extent or another, I had known my whole life. Grow up, go to college and get an education. Now that I supposedly have this education, I am at somewhat of a loss.

The reality is that four years later, I still have no idea what I'm doing here. Not with my life, that's beside the point. I mean that I don't know what any of us are doing here, and I'm disappointed that four years here brought with it no miraculous revelation of meaning.

I don't regret coming to St. Michael's for even a moment, but I can't help feeling that in at least some sense, this is some bizarre, meaningless process. Maybe I'm asking too much, and maybe this lack of purpose isn't such a bad thing. For once, we have to create meaning for ourselves without anyone trying to create it for us. Who knows, maybe there's just something that I'm missing. I've still got seven months.

*Seth Jones is a double major in political science and English at St. Michael's College. You can contact him at sjones3@smcvt.edu.*

## GUEST COLUMNIST



Seth Jones

## COLUMNS

## Obama pride

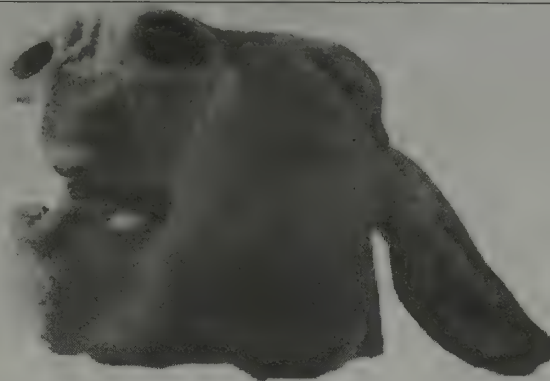
For everyone reading this article who has turned 21, think back to that birthday. Do you remember how you spent it? Chances are, alcohol was involved. Maybe you danced the night away in a club filled with people. Maybe you stayed in with a few friends and a few bottles of wine. Mine, however, it was somewhat different.

On Jan. 6, I turned 21. I went to lunch with my family and opened presents. However, on Jan. 6, the New Hampshire state primaries were two days away. Presidential hopeful Barack Obama was due to speak that night in Keene, N.H., at my old high school. After lunch, I rushed over to Keene High to begin my wait. When I got there, I couldn't believe the number of people who were already waiting in line. My friend, Steph, came with me, and we were both numb by the time we finally made it in.

The cafeteria where Obama would be speaking was already filled to capacity. We were brought into the auditorium, which would be the first of two overflow rooms. Once the auditorium filled, people were moved into the gym. Anticipation was running high as we all waited for Obama to show up.

A huge screen was placed on the stage for everyone to have as good a view as possible of Obama's speech. I've never heard a room of people get so quiet so quickly as when Obama walked on the stage after his introduction. We all listened to him speak for nearly 40 minutes about his plans to bring real change to America. People were clapping and cheering and responding to everything Obama was saying. Once the speech was over, I pushed my way to the front, and when Obama came out, the room exploded in applause. I frantically reached my arm out and was lucky enough to shake his hand. As the crowds started to disperse, it was clear that Obama had made a real impact in Keene that night.

Though, Obama's showing in Keene that night was not enough for him to win the New Hampshire primary two days later, something changed for me



that night. This was the first time I ever voted and the first time that I felt really strongly about a candidate. I knew from that moment on, I wanted to volunteer for his campaign.

I had never worked for a campaign before and didn't really know what I was doing at first. I knew just how important it was, though, so I never let that fear scare me. Since that night in January, I've made phone calls and talked to people about Obama's plans for the country. I've been involved with a number of students on campus, organizing debate-watching parties and getting voters on campus registered. Of course, we're all busy, and sometimes I get overwhelmed with all the things I have going on. But once the clock strikes midnight on Nov. 5, I know that I would be more angry with myself if I stayed passive than if I stood up for what I believe in and maybe lost a little sleep along the way.

On Nov. 4, I'm excited to drive home to New Hampshire and cast my vote for Barack Obama. I support his plan for phased withdrawals from Iraq and setting a timeline to end the war. Under Obama's plan to cut taxes for 95 percent of Americans, my family will benefit from the change. I agree with Obama's stances on health care and his plan to give all Americans health insurance. More than anything, I'm excited to cast my vote for Obama because I want a leader I can be proud of, and a leader who inspires me. Working for this campaign has not only made me more passionate about these issues, it's made me more aware about what we need in a leader. To me, I can think of no better candidate than Barack Obama to help bring true change to America.

*Rachael Richardson is a Spanish and English major with a global studies minor. You can contact her at rrichardson@smcvt.edu.*

## COLUMNIST



Rachael Richardson

## My case for John McCain

Let's face it, most of our college is liberal. My friends are. So why am I writing an editorial on John McCain? It's not just because I'm a conservative, but also because it's important to know about each candidate in the election — not just the one you're voting for. I'm not here to change opinions or to scrutinize Obama. I am here to give a clearer picture of John McCain and why I am voting for him. Hopefully, you can see where I'm coming from.

Perhaps McCain's biggest strengths lie in his experience. Before becoming a senator, he spent 22 years as a naval aviator. He was then elected into the House of Representatives for the state of Arizona in 1982. After two terms, he ran for Arizona senator, a position he has held for 22 years. He has *actual* experience in Washington.

McCain has spent his life serving for this country and he truly cares about what this country wants. He is a trustworthy, honest man who always puts his country first. Consistently throughout his time as senator, McCain has shown that he has good character judgment and makes the right, though tough, decisions. He has been doing what he talks about such as reforming Washington and cutting wasteful spending. He doesn't use fancy rhetoric or eloquent speeches to gain his supporters. He acts on his principles in Washington.

McCain has strong opinions and plans about the central issues in this election. If elected, I have a strong feeling that McCain will follow through on these plans. McCain is not one to fake his way through his election and then deliver on none of his promises. What McCain says he is going to do while president is actually what he is going to do. While he has recieved some heat for it, he does not overpromise like most candidates in elections do. What

he plans as president is based on his experience in serving his country.

While many poke fun at John McCain's age, this fact will come in handy while in the White House. McCain has seen many presidents come and go, which is a definite benefit to his presidency. McCain has personally seen what works and what does not work. He is a smart man who knows from his past what will help this country and what will hurt it.

People are voting for Obama because he represents change and something different in Washington. McCain has been scrutinized for being "just like" Bush. However, those who have listened to McCain know he is not. While they are both conservative Republicans and share similar ideas, McCain has experienced the Bush presidency for the past eight years just like all Americans have. McCain has increasingly distanced himself from Bush because he knows the current situation we have in Washington is not or has not worked out. McCain will be different from Bush because of his personality and experience. We do not need four more years of Bush and, trust me, McCain knows that.

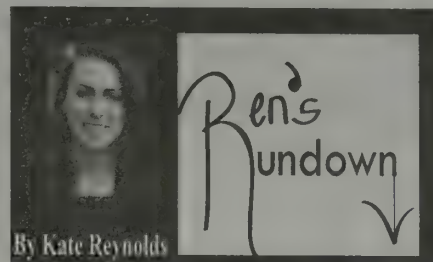
I ask you to please listen and read not only about your candidate, but the opposing candidate, as well. This is one of the most important elections in our great country's history. I urge you to listen to what the candidates are saying, not just how well they speak. Look at the candidate's records. Look at what each man has accomplished. Look at each candidate's history and background. Then make your decision. I can promise that if you do those four things, you will find that John McCain is the strongest person in this presidential race and definitely deserves your vote. He has mine.

*John Ubersax is a business and economics major with a marketing minor. You can contact him at jubersax@smcvt.edu.*

## GUEST COLUMNIST



John Ubersax



## True fan

When I was a junior in high school in 2004, the Boston Red Sox rallied behind Curt Schilling to win the World Series for the first time since 1918, when Babe Ruth played. The Red Sox would later return to the playoffs during my junior year of college for another run at the title.

I spent the '07 season cheering the Sox on with my friends. We would throw on our Boston T-shirts and head upstairs, where we joined our guy friends to cheer and yell at the TV for a few hours.

The boys had created a scene reminiscent of Fenway Park in their Cashman common room. A green couch stacked on top of side tables created stadium seating known as the "Green Monster." There was mandatory assigned seating for each game and if a great play occurred while you were taking a bathroom break, you could be banished from the room due to superstition.

The 2007 postseason heated up as the Sox defeated the Los Angeles Angels of Anaheim and later the Cleveland Indians. Then it was time to face the Colorado Rockies in the World Series. With only one home run from Dustin Pedroia, the Sox hit their way to 13 earned runs in game one, letting Colorado score only once.

In Games 2 and 3, Jonathan "Wild Thing" Papelbon came in to pitch, earning a save for each game. Without hitting a home run, the Sox took both victories once again.

For Game 4, we had to step it up. We began marking "K's" to signify the number of strikeouts the Sox pitcher's accumulated. By the ninth inning, due to excitement and beer, our "K's" looked like cave drawings randomly splattered over the wall.

Papelbon ended the game, making the Red Sox the world champions. Screams and cheers erupted from all floors of the building. Sounds of "Sweet Caroline" and "Shipping Out to Boston" blared from our suite. We traveled from the Quad to the 300s, celebrating the win with other St. Michael's Sox fans.

As we watched the Sox celebrate in a sea of champagne, I was genuinely happy for them. Although they were professional athletes, I felt like I knew them. When watching an entire season, the players' personalities begin to show.

As Security herded us back to our residences, we realized one thing: The celebration was not over. We had grown to love the scruffy team of hometown heroes. It was only right to continue to be loyal fans. Two days later, despite my classes and obligations, I was packed into a car with my friends, headed home to Boston.

The spontaneous trip to extend the celebration ended up being an experience I would never forget. We soaked up everything Boston had to offer from the moment we set foot on the cobblestone walk of Quincy Market on the eve of the parade. We yelled through the streets. We sang karaoke renditions of "Dirty Water" and other Sox anthems. And although we were sleep-deprived from the game, the trip and the night out, we still got up at 7:30 a.m. to stake out the perfect parade seat.

Waiting in anticipation of the parade, we made signs for our favorite players and collected free commemorative posters and memorabilia being handed out. In the distance we saw confetti shooting from the duck boats that were carrying our champion Red Sox. My pulse raced as each player passed less than 10 feet away from me. Jacoby Ellsbury pointed right at me and the hand-drawn sign I had scribbled before the parade. We danced along with Papelbon as he jiggled with the Dropkick Murphys. We chanted "Re-sign Lowell" as Jason Varitek rallied for this teammate.

As the last boat passed by us, I finally felt closure of the momentous World Series experience. After our return, the living room looked like a Red Sox shrine had exploded all over the walls.

Moving out of Cashman, the next semester had extra sentimental meaning. The Gree Monster eventually came down, transforming the space back into a normal living room. We carefully un-duct-taped our priceless posters and divided them equally as we parted for our final college summer.

As the years go on, the players' names will be forgotten and the big plays will slip out of my memory, but I will always remember the week that we were the true definition of Boston fans.

## Red Sox playoffs update

The Boston Red Sox rallied on Thursday, Oct. 17, for a win to make the series 3-2 in favor of the Tampa Bay Rays. The Red Sox offense came alive in the seventh inning as Dustin Pedroia began the seven-run rally throughout the late innings. The Sox were victorious again in Game 6, winning 4-2. The Sox playoff run came to an end on Sunday, Oct. 19, as the Tampa Bay Rays won their ticket to the World Series. Their cowbells will clang on when the Rays take on the Philadelphia Phillies.

## CALENDAR

## Tuesday/21

**Memoir Reading**

What: Jaed Coffin, an ordained Buddhist monk, will read his 'memoir, "A Chant to Soothe Wild Elephants"

Where: St. Edmund's Hall, Farrell Room

When: 4 p.m.

Price: Free

**Concert: Eric Vloeimans Trio**

Where: Flynn Space

When: 7:30 p.m.

Price: \$24 adults/\$20 students

Contact: 863-5966

(www.flynncenter.org)

**Fiz's drive**

What: An American Red Cross blood drive being held in memory of Mark Fizulich '97, who died of acute myeloid leukemia.

Where: Ross Sports Center

When: 12:30-5:30 p.m.

Contact: Appointments can be made in person at the M.O.V.E office or by contacting the office at 654-2674 or move@smcvt.edu

**Talk: Career Transitions**

What: Marty Burke, '64, will talk about his many career transitions

Where: McCarthy Arts Center

When: 4:30 p.m.

Price: Free

## Wednesday/22

**Game Night: Trivia**

What: Bring a team of four to play

Where: Unwinders

When: 9 p.m.

Contact: 654-8080



Compagnie Hedy Maalem performs at the Flynn Theater on Thursday, Oct. 23, at 7:30 p.m.

## Thursday/23

**Lecture: Stopping Rape**

Who: Nicola Gavey of the University of Auckland, New Zealand, will speak

Where: St. Edmund's Hall, Farrell Room

When: 4 p.m.

Price: Free

**Best Buddies Art Show**

Where: International Commons

When: 7 p.m.

Price: Free

**Dance Performance**

What: Compagnie Hedy Maalem performs

Where: Flynn Center, 153 Main St., Burlington

When: 7:30 p.m.

Price: \$24-\$39, depending on seat

Contact: 863-5966 (www.flynncenter.org)

## Friday/24

**Harvest Carnival**

What: A student-run carnival for children ages 2 to 12, featuring a costume contest, games, prizes, and crafts. The event is sponsored by the Martin Luther King Jr. Society.

Where: Tarrant Recreational Center

When: 5:30-8:30 p.m.

Price: \$3 per child

Contact: Moise St. Louis at 654-2663

**Karaoke**

Where: Backstage Pub, 60 Pearl St., Essex Junction

When: 9 p.m.

Price: Free

Contact: 878-5494

## Saturday/25

**Haunted Forest**

Where: Catamount Outdoor Family Center, 592 Gov. Chittenden Road, Williston

When: 11 a.m., noon, 1 p.m., 6 p.m., 7 p.m., 8 p.m., 9 p.m.

Price: \$8.50-\$12.50

Contact: 238-0923

(www.thehauntedforest.org)

## Sunday/26

**Concert: Members of The Boston Camerata**

Where: McCarthy Arts Center

When: 3 p.m.

Price: Free

Contact: 654-2536

**Performance: Menopause the Musical**

Where: Flynn MainStage

When: 4 p.m.

Price: \$40-\$44, depending on seat

Contact: 863-5966

(www.flynncenter.org)

## Monday/27

**Graduate Programs Open House**

Where: Hoehl Welcome Center

When: 4:30- 6 p.m.

Price: Free

Contact: Graduate admissions at 654-2251



Eric Vloeimans Trio will appear at the Flynn Center for the Performing Arts at 7:30 p.m. Tuesday, Oct. 21.

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## SPORTS

CROSS COUNTRY:  
Denholm anchors team

Continued from page 16

"Her program works really well," Corr said.

There are two upcoming meets for the team. It hosts the Northeast-10 Conference Championships here at St. Michael's on Oct. 25. Then the team faces off against other Division II colleges in the NCAA Regionals on Nov. 9 in Boston, Mass.

"(These) are the two races that we put the most emphasis on," Peters said. "Our whole season builds up to [these] races."

The NCAA Regionals are where Mary Lynn Denholm hopes to qualify for the NCAA Championships, Peters said. That race is Nov. 22 in Slippery Rock, Pa. Denholm needs to finish in the top five overall at the regionals to qualify for the NCAA championships.

As her senior season comes to a close, Denholm does not plan on ending her running career.

"It's always been a major part of my life," she said.

She speak with her coach about possible avenues for more running. An adult club team is a possibility and maybe eventually a marathon.

When the women's team is not training or competing at a meet, they engage in team activities and community service. One day, the whole team picked blueberries for three hours and then donated them to the Vermont Food Bank. Peters cooked the team a pancake breakfast at Sleepy Hollow Inn after a long run.

The women's team has had a great season and wants to finish on a strong note, Peters said. The team hopes people will come out and cheer them on at the conference championships on Oct. 25. No matter the final outcome, The St. Michaels cross country team has made great accomplishments this season, Peters said.



Photo by Andrew Parise

Mary Lynn Denholm times her teammates while giving encouragement, at a race hosted by St. Michael's on Friday, Oct. 17. The knights finished second of three teams.



Photo by Jessica Maurice

Tyler Troesch works his way through a scrum in a match against Middlebury on Saturday, Oct. 11.

## RUGBY: A new face for the club brings success

"When you get on that field, it's beating the living hell out of each other for 80 minutes," he said. "And if you don't trust the guy next to you then how can you play with them? Those are your brothers."

The team and the coaches continue to look to Sivo as a great rugby player and as one of their leaders, said assistant coach Chadwick Smith. Smith looks to Sivo to get the team on track, set the pace of practice, and keep everyone's head in the game, he said.

Brown has also stepped back, moving from the "A" side team to the "B" side team. He chose not to be on the starting pack this year, he said.

"I put my four years in and I figured I already took my time out of the team," Brown said. "So at this point I just want to have some fun as opposed to being die-hard competitive."

Brown has been practicing once or twice a week while playing in the "B" side games on the weekend. He was able to help his new teammates, especially the first-years, who didn't really understand the game in the first couple of weeks, he said.

Brown has matured as a player and a person, Smith said. Having him back, even in a limited capacity, has been a huge help for the team, especially for the younger players who are able to get advice from him, he said.

Senior Jed Ladd, who has played rugby since his sophomore

year at St. Michael's, stepped in for Brown and is now the loose-head prop for the "A" side team.

It was hard work stepping in, but Ladd learned a lot from Brown who helped him grasp the techniques of the position, Ladd said.

Ladd was willing to take on any position the coaches threw at him, Smith said. The position happened to be the loose-head prop, one of the most difficult and challenging positions to step into, he said.

"He's got the kind of work ethic you need to step into a difficult position like that," he said.

The rugby team plays in Division II, one of the toughest divisions, facing schools that are much larger than St. Michael's, including Boston University, University of Rhode Island, and University of New Hampshire, Sivo said.

One of the most exciting games of this season was against Middlebury, the 2007 national defending champions. While the rugby team lost 38-13, it is the only team to score double digits against Middlebury in the last decade, Sivo said.

"We've been the team to challenge them the last two years," Sivo said. "They said it themselves, 'we come here every year and we hate playing you guys because it's a real game again.'"

This is the best the rugby team has finished in any season, Sivo said. It has a record of 3-2.

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| Fresh Plum Tomatoes       | Marinated Artichoke Hearts   |
| Freshly Cut Broccoli      | Italian Gorgonzola Cheese    |
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Thai Peanut Sauce, Freshly Sliced White Mushrooms, Red Onions, Green Bell Peppers, Cut Broccoli & Fresh Plum Tomatoes

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TAX INCLUDED!

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ONE ORDER OF WINGS  
ONE ORDER OF CHEESY BREAD

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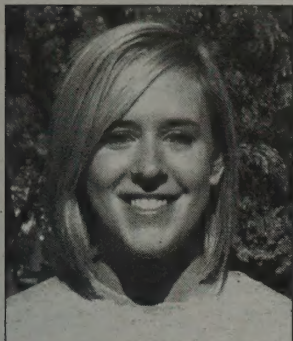
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## SPORTS

## ATHLETE of the WEEK

## Lindsey Frazier

| Sophomore | Volleyball | Albany, N.Y. | Biology |

**High school:** Colonie Central**Started playing:** First-year in high school**Why SMC?** Recruited to play volleyball, and loved the Burlington area.**Pre-game rituals:** Makes small goals before each match and tries to accomplish them.**Favorite memory:** Going to state championship for basketball her senior year of high school.

**Why chosen:** Had seven kills in a game against Stonehill on Oct. 17, and 12 kills against Plattsburgh on Oct. 7.

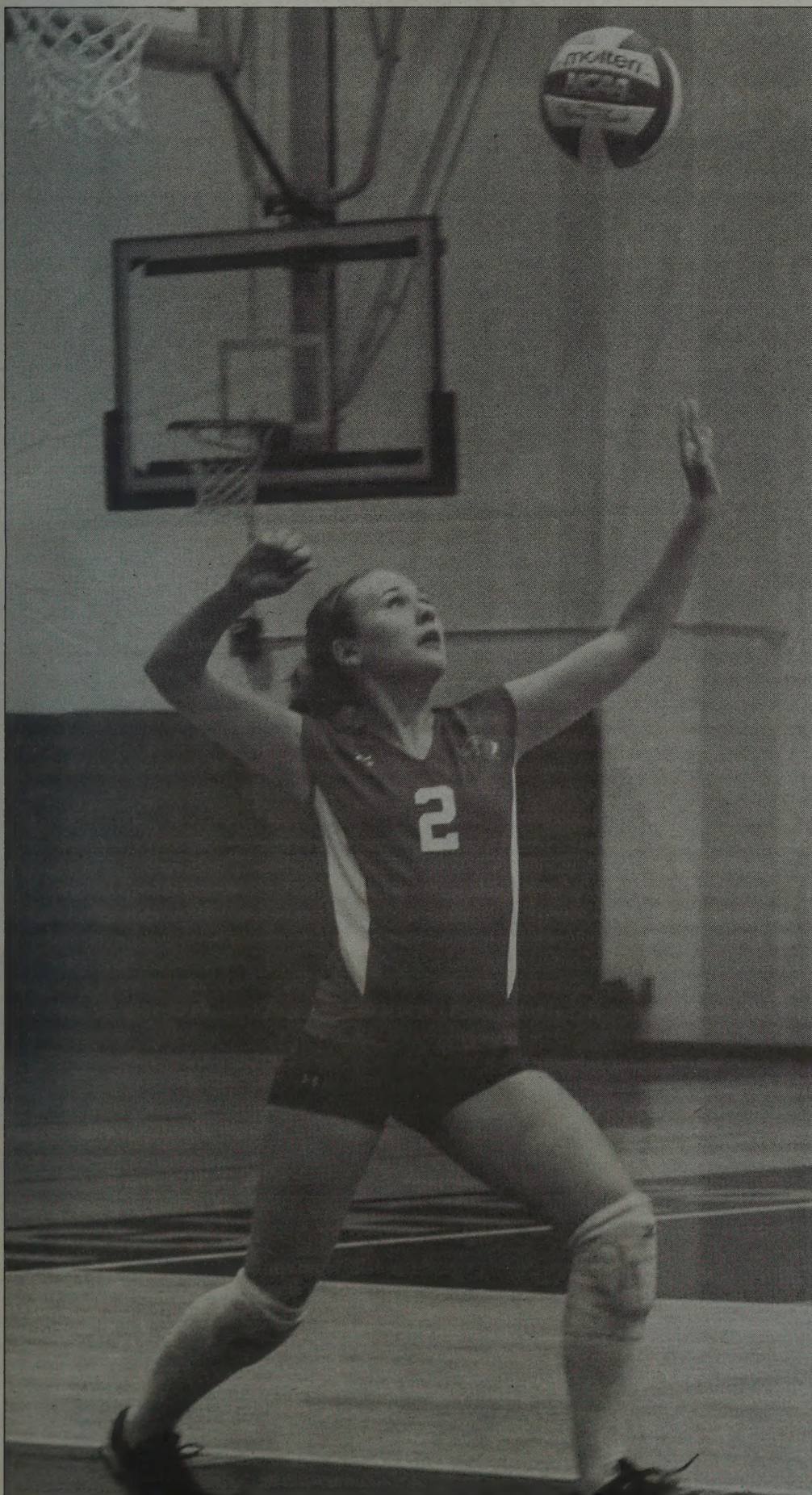


Photo by Andrew Parise

Junior captain Kelly Garthwait serves the ball in a match against New Haven on Saturday, Oct. 18. New Haven defeated the Purple Knights 3 sets to none (25-5, 25-15, 25-12). The Purple Knights are in 1-7 in the NE-10 and 10-10 over all. The team's next match is at 1 p.m. on Saturday, Oct. 25 vs. St. Rose in the Ross Sports Center.

## Knight Writer

By Nick Babbitt



## Not-So-Dumb Jocks

Did anyone ever tell you jocks were stupid? This is a stereotype that has been deeply engraved in our culture. A recent study conducted by the NCAA shows us that college athletes have a higher rate of graduation than regular students. That's not even the best part. St. Michael's graduated 100 percent of their student athletes who entered the college in the 2002 year. To compare, UVM only graduated 79 percent of its student athletes of the same year.

So I wonder, how is it that every one of our student-athletes manage to graduate? It can't merely be coincidence, 100 percent is hard to argue with. Why are the graduation rates higher for athletes, in general? Perhaps we need to reconsider this notion of the dumb jock.

The reason such high percentages of St. Michael's athletes graduate is the huge level of commitment on the part of these individuals, their coaches and their professors. When beginning a career as a college athlete students must instantly have to learn how to master time management.

Most varsity teams practice for at least an hour and a half for five to six days a week. Many of the coaches expect 25 hours a week devoted to the team during the season. All this activity has to be balanced with class, homework and most importantly some time to have fun and let loose.

The average college student has more free time on their hands than they will until they retire. (This is fact, so enjoy it while you can.)

The tendency to say "I'll just do it later," is strong. For the student athlete, doing it later isn't an option. So they get their work done during the little free time they have, and it's done, while Sammy and Sally Student are embarking on a case race, putting their work off for another day.

The coaches play a big role in the education of the students on the field, as well as off the field. They put emphasis on the importance of keeping up with grades

and attending class. Most of the coaches check up with the school on their athletes grades at least once semester.

Many teams also hold mandatory study halls for the underclassmen during off season so the coaches know the athletes are focusing on their studies and are beginning to form good work habits. We are here after all to gain an education. The coaches are generally lenient with athletes missing practices for class, and the professors are cool with the students taking off a bit early when it comes to game day.

Recruiting is also an important part of building a strong student-athlete network. When coaches recruit they know they are not just looking for someone to fill a position on a team, but a person who will have success at the school, in life and yes, on the field. A coach could recruit the most talented athlete, but if they can't make it to class and start to flunk out, it brings more harm to the team than good.

There are a number of student-athletes who receive financial aid. This is another large factor is the success rates of college athletes at St. Michael's. As a Division II school, we are only allowed to give a little scholarship money to athletes. However many of them are given financial aid and must maintain a certain GPA to stay in school.

Our athletes and sports programs are a representation of our school. When the teams travel, and make the news and are successful, they are ambassadors for all of us. I have a lot of pride and respect for the athletes that work so hard with their teams and with their school work.

St. Michael's doesn't instate rules or regulations beyond those put out by the NCAA, and our student-athletes aren't necessarily smarter than the average bear, they are just hard working. The support given to them by their coaches, professors, parents and fellow students allows our student-athletes to succeed beyond expectations.

## Support the Knights!

Come see the women's soccer team play UMass Lowell at 3 p.m. on Tuesday, Oct. 21 on Doc Jacobs field!

## SPORTS

# Mary Lynn Denholm makes history

*First female from St. Michael's to win Vermont Intercollegiate Cross Country Championships*

By Alexis Keller  
Staff Writer

Three-tenths of a second may not seem like a long time, but it's all senior Mary Lynn Denholm needed to become the first female in St. Michael's history to win the Vermont Intercollegiate Cross Country Championships on Saturday, Oct. 4. She ran the five-kilometer course in 18:52.1 and helped the women's team place third out of 10 teams.

Runners from Vermont colleges from all three NCAA divisions attended the race.

"It was a true state meet," head coach Molly Peters said.

During the race, Denholm heard family, friends, teammates and the men's cross country team cheering hard for her. She also felt the presence of another runner right at her back, she said.

"I could hear throughout the race people cheering for someone else," Denholm said.

She told herself to stay calm.

"I tried to stay as relaxed as possible. If I think too much, I get nervous," she said.

The win brought personal satisfaction for Denholm and recognition to the school and the team, she said.

"She put us in the spotlight" sophomore teammate Kendra Corr said.

"It gives St. Mike's a place in Vermont running history," Peters said.

In sports, top athletes are known to have a good work ethic, prepare in and out of season, and work hard everyday. Denholm does not just rely on her natural ability to run. She trains and strives to work hard, Peters said.

"Denholm has an amazing work ethic, follows the training plan, and works hard all year



Photo by Andrew Parise

(Left to right) Kendra Corr, Erin Fox, Jessica Brantl and Kate Loughlin run passed the one mile marker in a race hosted by St. Michael's on Friday, Oct. 17. the Knights placed second of three teams.

round," Peters said

"That really is what makes her stand out," she said.

Denholm, who started running as a first-year in high school, admits that her training this past summer put her in a good place coming into this season.

Denholm is surrounded by teammates who are also having a great season. Coach Peters said the entire team has been running well this year. Junior Lauren Fereshetian has stepped up and has consistently been about a minute faster in each race com-

pared to last year. Senior co-captain Rachel Baxter is a major contributor, and sophomore transfer Shauna Harrington is a very nice bonus, Peters said.

Junior Micho Pilotte said, "There are no weak links."

The key to the team's suc-

cess lies in training hard and following Peter's running plan.

See CROSS COUNTRY,  
Page 14

## Men's rugby finishes with its best season yet

By Jade Csizmesia  
Staff Writer

Fifth-year students, Evan Sivo and Matt Brown returned to the rugby team for their final semester.

Over the past four years, the two have brought a different aspect to the team, changing the mentality of the game at St. Michael's, Sivo said.

"There was no intensity," he said. "It wasn't like we were playing for rugby. It was like a drinking club with a rugby problem."

When Sivo and Brown were first-years, the rugby team was on the verge of being suspended indefinitely, because of drinking problems. Sivo and Brown did not want to be a part of it, so they took on the task of improving the team themselves, turning the team into a goal-oriented club, Brown said.

Sivo and Brown have played rugby together since their sophomore year of high school where they attended Bishop Hendricken High School in Warwick, R.I., Sivo said.

They were two of the forwards, playing the prop positions; Sivo was the tight-head prop and Brown was the loose-head prop. As

first-years they started on the rugby team and continued to play side-by-side in the prop positions, Brown said.

As props, Sivo and Brown form the foundation of the scrum as well as lift their teammates in the line-outs. The forwards are usually the bigger guys who provide the main power and who receive most of the beating, Sivo said.

This year, each has taken on different roles. Sivo, who was captain for the past two years, has taken a step back. While he continues to start as the tight-head prop on the "A" side team, which practices daily, he is no longer the captain. Although it is sometimes difficult for him to adjust to, he loves the team and is there for them, he said.

The team bleeds on the field together every day, depending on each other to hold up their end of the bargain, Sivo said.

See RUGBY, Page 14



Photo by Jessica Maurice

Jed Ladd runs the ball up field in a match against Middlebury. The Panthers defeated the Knights 38-13 on Saturday, Oct. 11.